

Sloppy Joe Mix

Prep Time: 10 minutes + cooking time

Sloppy Joe Mix Recipe:

1 onion
1 cup raw Basmati rice
1 tsp dry mustard
3 cups distilled water or vegetable broth
1 cup dry bean flakes
1 cup tomato sauce
1/2 tsp Celtic Sea Salt (optional)

Instructions:

Dry roast onion and rice until onion is translucent. In a blender or food processor, mix bean flakes and distilled water until smooth. Combine with other ingredients in a sauce pan. Cover, bring to a boil, reduce heat to simmer and cook approximately 30 minutes, turn off heat and allow to sit an additional 15 minutes until rice is done.

We get our produce from:



www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org